

Shrewsbury Parks and Recreation
Donahue Rowing Center, Lake Quinsigamond
508-841-8503



ADULT INTRODUCTORY ROWING PROGRAMS 2005

Sweep Rowing

Learn how to row while making new friends. Sweep rowing is a team sport in which each boat requires 4-8 rowers and teamwork. We provide a coxswain to steer and be the coach on the water.



Sculling (Two Oars)

Sculling is the form of rowing favored by most recreational rowers. Discover the benefits of speed, serenity and physical activity. Graduating High School Seniors are welcome to join the class.

Registration

*In person beginning May 14th at Town Hall.
 In person or by mail accepted May 16th at Shrewsbury Parks & Recreation, 100 Maple Ave. Shrewsbury, MA 01545
 Due to equipment rentals, there is limited space.*

Program Director: Jason Steele, Head Coach of WPI Women's Crew Team.

Please Print Information

Full name: _____ **Age if under 21:** _____
Address: _____ **Town:** _____ **Zip:** _____
Home Phone: _____ **Cell Phone (emergency use only):** _____
Emergency Contact: _____ **Phone:** _____
Allergies or Medical concerns: _____

Check Section Below:	Resident: \$250	Non-Res: \$250
Please pay by check to "Town of Shrewsbury"		

Open to Adults 17 and up

Sweep Rowing

___ (113100-I) July 5- July 8 5:30-7:30 AM Tues- Fri

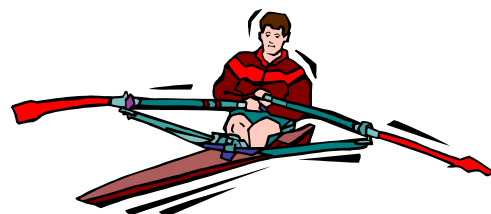
Sculling (two oars)

___ (113100-J) June 27-July 1 5:30-7:30AM Mon-Fri

___ (113100-K) July 11-July 15 5:30-7:30AM Mon-Fri

___ (113100-L) August 1- August 5 5:30-7:30AM Mon-Fri

___ (113100-M) August 15 – August 19 5:30-7:30AM Mon-Fri



STATEMENT OF PARTICIPANT: "I am fully aware of the risks and physical demands inherent in the active deep-water sport of rowing. I am in good health and proper physical condition to participate in such activity. I accept and assume all risks and all responsibility for losses, costs and damages incurred by me as result of participation in this activity and agree to save and hold harmless the Town of Shrewsbury, the Donahue Rowing Center and any and all officers, agents and employees thereof from any liability or cost arising directly or indirectly from my participation. **I AM A COMPETENT SWIMMER WHO CAN SAFELY PARTICIPATE IN A DEEP-WATER BOATING PROGRAM WHERE-IN PARTICIPANTS MAY BE REQUIRED TO SWIM A CONSIDERABLE DISTANCE THROUGH DEEP WATER TO SAFETY.**"

Signature: _____ **Date:** _____

*Fees are non-refundable and registrations non-transferable.
 All sign-ups are first-come, first serve.*

Office use only:

Amount: _____ **Payment:** _____